

Infant Meal Planning Guide for 4 through 7 Months

Week of: _____

Name: _____

Phone number: _____

Meal Component	Min. Serving Size	Day of Week				
	4 through 7 mo.	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast						
Breast Milk or Formula*	4-8 fl. oz. [†]					
Infant Cereal*	0-3 tbsp.					
Lunch/Supper						
Breast Milk or Formula*	4-8 fl. oz. [†]					
Fruit/Vegetable**	0-3 tbsp.					
Infant Cereal*	0-3 tbsp.					
PM Snack						
Breast Milk or Formula*	4-6 fl. oz. [†]					

* Infant formula and infant cereal must be iron-fortified.

† Breast milk or formula, or portions of both, may be served. It is recommended that breast milk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered, with additional breast milk offered if the infant is still hungry.

** A developmentally appropriate consistency is provided (pureed, mashed, chopped, etc.).